

**BICYCLE PEDAL AND CRANK APPARATUS**

**ABSTRACT OF THE DISCLOSURE**

**[001]** A pedal with a shaft fixed to the pedal body instead of a spindle that turns relative to the pedal body. The shaft is fixed relative to the pedal body. The pedal shaft rotates relative to the crank arm instead. A sealed cartridge ball bearing is mounted to the end of a crank arm and held in position by a retainer. The shaft is fitted through the sealed cartridge ball bearing of the crank arm and a screw secures the shaft in position. This changes the pedal to crank interface. The pedal does not require bearings or bushings or seals as with prior art pedals, because the shaft rotates within the sealed cartridge bearing held within the crank arm. The shaft and pedal body can be combined to create an even simpler pedal.